



# **Eat Yourself Cool: An Alternative Approach to Sickle Cell Anaemia**

*Ms Katharine Abayomi*

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# Eat Yourself Cool: An Alternative Approach to Sickle Cell Anaemia

*Ms Katharine Abayomi*

**Eat Yourself Cool: An Alternative Approach to Sickle Cell Anaemia** Ms Katharine Abayomi  
Refreshingly honest, informative and inspirational. This book serves as a powerful reminder of the autonomous, self-healing mechanism that is the human body. A personal insight into the magical, mystical and restorative properties of wholesome, unprocessed and living foods as an alternative therapy for people living with Sickle Cell Anaemia.

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